

## Fermanagh & Omagh District Council Community Support News – July 2023

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter, please contact Alison Gilmore on 0300 303 1777 ext 21217 / email [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com)

**Please note the deadline for the next Newsletter is Wednesday 26 July**

### Council News & Events

#### **Real Lives: The Art of Living with Dementia**

##### **Official Launch – Wednesday 5 July at 3pm in Wark Hall, Belleek**

Dementia NI's unique art exhibition, 'Real Lives: The Art of Living with Dementia', will be on display in the village of Belleek. If you wish to attend the launch please confirm attendance with Sharon Howe, Age Friendly Officer at Fermanagh and Omagh District Council on 0300 303 1777 or by emailing [sharon.howe@fermanaghomagh.com](mailto:sharon.howe@fermanaghomagh.com).

The exhibition, which is open daily and available to view for free, is on display in the Centra Shop and in windows throughout the village.

For further information please visit

<https://www.fermanaghomagh.com/services/community/agefriendly/upcoming-events/>

#### **FODC Summer Programme for Children and Young People**

The Programme runs throughout July and August, with weekly camps located at various community and Council facilities across the district. The extensive programme has something for everyone, with a variety of camps, activities and workshops that take place over the summer months. Children and young people can enjoy multi-sport activities, soccer, arts and crafts, drama, inclusive summer camps, athletics, gymnastics, Minecraft workshops, comic book masterclasses, and much more.

Booking can be made by visiting <http://www.fermanaghomagh.com/.../summer-activities.../>

#### **Summer Bus Service to the Marble Arch Caves**

Translink are operating a daily bus service from Enniskillen Bus Station to the Marble Arch Caves from 3rd July to 31st August.

The service departs Enniskillen Bus Station (Monday – Friday) at 11:45am, allowing locals, visitors and tourists to travel for £5.00 day return per adult and only £2.50 per child day return.

The bus departs from the Marble Arch Caves at 4:30pm to return to the Enniskillen Bus Station.

Guided Cave Tours run 10am – 5pm daily, July & August and are 60-75 minutes in duration.

We suggest you book your tickets online in advance of your visit. If you show your bus ticket at check in on your day of visit, you will receive 15% Discount of your Guided Cave Tour which will be refunded into your account.

To learn more or book your guided cave tour visit

<https://marblearchcaves.co.uk/2023/05/24/summer-bus-service/>

**For a list of events across the District visit**

<https://www.fermanaghomagh.com/events-and-festivals/>

### **Swift Walk**

**Friday 7 July, 9pm in Omagh**

Places are limited. To book email [biodiversity@fermanaghomagh.com](mailto:biodiversity@fermanaghomagh.com) and include your name, number of people and a contact number.

### **Culture Night 2023**

**Expressions of Interest from Groups/Organisations in Fermanagh & Omagh**

**Deadline to submit an Expression of Interest: Friday 7 July 2023 @ 5pm**

Culture Night provides free entertainment to the public, as well providing local artists and arts and cultural organisations with an opportunity to engage with new audiences and participants.

To mark Culture Night, galleries, arts and cultural centres, museums, artists' studios, historic buildings, churches and other places of cultural interest are encouraged to open their doors to the public to showcase their programmes, activities and facilities.

Groups from across the Fermanagh and Omagh district are invited to host a range of arts and cultural forms including music, dance, visual art, theatre, language, literature, sports, cultural traditions, film and crafts.

Apply via <https://www.fermanaghomagh.com/services/arts-and-culture/culture-night-2023/>

For further information, please contact the Arts Service by email [culture@fermanaghomagh.com](mailto:culture@fermanaghomagh.com)

### **REAP Employability Programme**

**Need help with finding employment or know someone who does?**

The FODC and FRCI Teams, who successfully supported local people through the ASPIRE Employability Programme are now offering the [REAP Employability Programme](#) (REAP).

REAP is designed to support those who are economically inactive as they consider a move towards employment.

To find out more about how we can help and to check if you are able to join REAP give us a call on 028 6632 6478 (Enniskillen) or 028 8224 6535 (Omagh)

Email [reap@fermanaghomagh.com](mailto:reap@fermanaghomagh.com)

Or apply here <https://bit.ly/REAP-Application-Form>

### **Play Park Consultations**

As part of our Play Park Strategy, we are holding public consultations so you can share your views.

Omagh - [Click Here](#) to complete the online survey.

Enniskillen - [Click Here](#) to complete the online survey.

For further details visit <https://www.fermanaghomagh.com/services/parks-and-open-spaces/play-parks/>

### **FEARmanagh, the Fermanagh Endurance Adventure Race,**

or FEAR for short, is set to celebrate its tenth anniversary this September.

The event has proven a massive hit on the adventure race circuit, and the Council is preparing to welcome around 300 participants to Derrygonnelly again this year on Saturday 30 September.

Participants can register here: [www.fearmanagh.com](http://www.fearmanagh.com)

To read more: <https://bit.ly/Fearmanagh2023>

### **Council's Cost of Living Support Hub**

For information on support available locally and regionally visit

[www.fermanaghomagh.com/costoflivinghelp](http://www.fermanaghomagh.com/costoflivinghelp).

## **Sustainable Approach to Recovery: A Whole System Approach to recovery**

### **Performance Improvement Plan 2023-2024 Launched**

Fermanagh and Omagh District Council has committed to the following three improvement objectives for 2023-24:

- Positive Climate Action
- Tackling Disadvantage
- Jobs and the Local Economy

These objectives have been developed within the context of Corporate Business Planning and the Council's Strategic Performance Management Framework.

Council Officers are currently working to meet these targets and key performance measures have been identified to demonstrate impact.

For further information and a copy of the plan in full click here [PIP 2023-2024](#)

## **Community Support**

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

<b>Area</b>	<b>Officer</b>	<b>Email</b>	<b>Telephone</b>
Enniskillen	Ruthanne Fawcett	<a href="mailto:ruthanne.fawcett@fermanaghomagh.com">ruthanne.fawcett@fermanaghomagh.com</a>	Ext 21649
Erne East	Joanne Cunningham	<a href="mailto:joanne.cunningham@fermanaghomagh.com">joanne.cunningham@fermanaghomagh.com</a>	Ext 21405
Erne North	Leza Cleary	<a href="mailto:leza.cleary@fermanaghomagh.com">leza.cleary@fermanaghomagh.com</a>	Ext 21234
Erne West	Kellie Beacom	<a href="mailto:kellie.beacom@fermanaghomagh.com">kellie.beacom@fermanaghomagh.com</a>	Ext 21201
Mid Tyrone	Neville Armstrong	<a href="mailto:neville.armstrong@fermanaghomagh.com">neville.armstrong@fermanaghomagh.com</a>	Ext 20275
Omagh	Josephine Treanor	<a href="mailto:josephine.treanor@fermanaghomagh.com">josephine.treanor@fermanaghomagh.com</a>	Ext 20222
West Tyrone	Billie-Jo Irwin	<a href="mailto:billie-jo.irwin@fermanaghomagh.com">billie-jo.irwin@fermanaghomagh.com</a>	Ext 20220

## **Charity Support**

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council at least **6 weeks** before the date requested, to allow sufficient time for the application to be considered.

To make an illumination request please complete the jot form which can be found on the Charity Support page of the Council website,

<https://www.fermanaghomagh.com/services/community/charity-support/>

For further information or enquiries regarding Council support to charities, please email [communitysupport@fermanaghomagh.com](mailto:communitysupport@fermanaghomagh.com)

## Community News

### **EID Multicultural Fiesta**

**Provided by ERANO Empowering Refugees and Newcomers Organisation**

**Sunday 2 July 1pm-5pm**

**Omagh Leisure Complex, Old Mountfield Road, Omagh**

**Free Family Event - Everyone Welcome!**

Come, have fun, experience culture, music and traditions of communities from around the world.

Music – Food – International Artists – Kids Activities – Petting Zoo – Games – Bouncy Castle

For more information please contact ERANO office on 07912 751495

### **Northern Ireland Blood Transfusion Service**

**By appointment only;** to book please call 08085 534 653 between 10am and 4.30pm.

#### **St Patrick's Hall, Castlederg**

Monday 3 July, 12.30pm – 4pm & 5pm – 7.30pm

#### **Silverbirch Hotel, Omagh**

Monday 10 July, 12.30pm – 4pm & 5pm – 7.30pm

Tuesday 11 July, 10am – 3pm

#### **Cathedral Hall, Enniskillen**

Thursday 13 July, 1pm – 4pm & 5pm – 8pm

Friday 14 July, 12.30pm – 4pm & 5pm – 7pm

Many thanks for your continuing support - it is greatly appreciated.

Check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions

### **Home-Start Omagh District AGM**

**Tuesday 4 July, 10.30am**

**MACCA Resource Centre, Omagh.**

Please contact our office on 028 8224 0902 or email [info@homestartomaghdistrict.org.uk](mailto:info@homestartomaghdistrict.org.uk) if you wish to attend.

### **Enniskillen Jobs & Benefits office**

**Youth Support Event (For ages 16-24)**

**Wednesday 5 July 2023, 2.00pm - 4.00pm**

Various providers will be present to offer information and support on:

- Current employment opportunities
- Training & apprenticeship programmes
- Career guidance
- CV & interview tips
- Health & Wellbeing support

### **The King's Award for Voluntary Service 2024**

The awards celebrate the outstanding work of local volunteer groups across the UK and are the highest Award given to local voluntary groups. Nominations for the 2024 Awards will be accepted until 15 September 2023.

For further information visit <https://kavs.dcms.gov.uk/>

## **Carers NI**

### **State of Caring Survey**

State of Caring is an annual survey of unpaid carers across Northern Ireland. It covers a wide range of themes, including carers' health, wellbeing, finances and more – helping to build a picture of unpaid caring here and identify carers' priorities for the future.

In the past, the data from the survey has been a valuable tool for a wide range of carer groups and other stakeholders, including local Trusts. By maximising the number of responses, we can ensure that remains the case this year.

Please share your experiences via <https://www.surveymonkey.co.uk/r/LV2LDLC>

**The survey will close on Thursday 3 August 2023.**

## **Guide for Parents of Children with disability**

CYPSP have launched a new regional guide for parents on their journey through disability. It highlights the ongoing partnership work with parents, parent groups, children and young people and statutory, voluntary and community agencies. For further information visit <https://cypsp.hscni.net/new-guide-to-help-you-on-your-journey-through-disability-additional-needs/>

## **WHST Dementia Drop In Events**

For clients with a diagnosis of dementia along with their family and carers

Complimentary refreshments served

Parking nearby in public car parks

Accessible toilet facilities available

**Fermanagh House, Enniskillen 11am-1pm**

**Broadmeadow Place, Enniskillen BT74 7HR**

Friday 28 July – Artwork with Genevieve

Friday 25 August – African drumming with Rhythm School Omagh

**Campsie Hub, Omagh**

**57D Market Street, Omagh BT79 0AA**

**(Across from Daisy Chain Florists and McAleers Pub)**

Dates to be confirmed.

Clients do not have to register and can just turn up on the day but if further information is required please call Cliona Connolly, WHST Dementia Navigator on 07585 998890

## **RNID - free walk in Support Service**

**First Thursday of every month**

**Fermanagh House, Enniskillen**

RNID in partnership with the Department of Health will:

Re-tube mould style hearing aids, Clean Open-Fit style hearing aids, Change and supply RIC wax filters, Supply hearing aid batteries, Advise on getting the best from your hearing aids, Advise on equipment, Provide information on deafness, hearing loss and tinnitus, 3-minute hearing checks.

**Come along to hear from GABLE  
and the things they can do to help you around your home**

**Wednesday 19 July**

**Fermanagh House, Enniskillen**

GABLE is a longstanding Shelter NI project funded through Supporting People, working in partnership with the Northern Ireland Housing Executive grants department.

Are you a homeowner or private renter aged 60+ years or living with a disability, residing in the FODC Area?

Do you need help maintaining or improving your home? Through the Bank of Ireland, Cost of Living Fund, Shelter NI can help you carry out work that will make your home safer and warmer over the coming winter months.

At the event you will have a choice of **free** home safety equipment to pick from and you will receive a voucher to use towards works carried out by our Helping Hands Technician. Places are limited to 50 households per event so register now to secure your place.

Call Christine on 028 7188 2147 or send us a message on GABLE | Facebook.

**JustUs Events**

JustUs is a group providing a much needed social life for adults with disabilities. Our aim is to provide the best social life possible! We have great night life activities once a month including clubbing, cinema, day trips, shopping trips, barbecues etc. We are looking to build up a team of enthusiastic, fun loving volunteers to get involved with our nights out and our day trips.

Friday 7 July, 12.30pm-2.30pm

Kiel Cathers

Friday 21 July, 7pm-10pm

Summer Party – PJ the DJ

**All events take place in the Enniskillen Hotel**

Strictly Over 18s

Entry £5 (1 carer free)

Anyone requiring assistance must be accompanied by a carer or guardian

**Action Mental Health**

**Summer Activity Programmes:**

Free 90 minute sessions for:

- children aged 4-11 years attending summer schemes or in educational settings.
- young people aged 11-14 years attending summer schemes or in educational settings.

Based on the '5 ways to wellbeing'. Activities include games, crafts, discussions and fun!

**Mindset Programme:** Mental & Emotional Health & Wellbeing Awareness programme for young people, 14 – 17 years and also adult groups. The Programme is 3.5 hours in length; it can be delivered face to face or on-line and can be delivered over one session or split over two sessions. For further information please contact Michael McLean, Project Worker (MensSana Team)

T: 07976 639909

E: [mmclean@amh.org.uk](mailto:mmclean@amh.org.uk)

W: [www.amh.org.uk](http://www.amh.org.uk)

**Oak Healthy Living Centre  
Lisnaskea**

For a copy of our latest newsletter of programmes and activities scheduled in the centre from April to September 2023 please visit <https://www.oakhealthylivingcentre.com/>



### **Libraries NI - Go ON Courses**

<https://www.librariesni.org.uk/go-on-events/>

Go ON is a nationwide initiative to reach anyone who may have been or are “digitally excluded”. Libraries NI offer a number of courses demonstrating how using technology can enhance your life. 1-2-1 sessions can be delivered or small groups can be accommodated if there are a number of people looking for the same course. Community Groups can also benefit from an information session as to what Libraries NI offer. All courses are free of charge.

Please contact Christine Aiken to discuss your requirements t: 028 8244 0733 m: 07512 308 736 email: [Christine.Aiken@librariesni.org.uk](mailto:Christine.Aiken@librariesni.org.uk)

### **Erne Paddlers**

We have a busy summer schedule planned. Why not come and join us out on the water during July and August? We will be running our usual programme of progressive skills based courses – kayaking, stand up paddleboarding, open canoeing, family fun and inclusive paddling sessions. Paddlesports summer camps for kids, suitable for age 7yrs+ up to 16yrs. Four weeks of fun activities, morning and afternoon sessions, spread over July and August.

In addition, this year we have added a bespoke paddle and nature art activity week suitable for ages 7 to 11yrs. Alongside learning key paddlesports skills and building water confidence, children will have an opportunity to learn new arts and craft skills through the exploration of a range of natural materials. Facilitated by our qualified instructors and a professional art therapist. Plus something for the more adventurous explorers, an extended trips week of paddlesport day trips around different parts of Lough Erne for 11 to 16 year olds, leading towards the Paddle Explore Award and Leave No Trace Awareness Training. Journeying through and connecting with our fantastic outdoor environment, learning all the associated skills, overcoming challenges on the way and working as a team, coached and supported by our highly experienced team of qualified instructors.

We also have single mid-week and weekend trips available all during July and August, covering various sections of Lough Erne as well as some weekend sea kayaking trips off the beautiful Donegal coast. All events must be booked online. Full details at: [www.ernepaddlers.org.uk/events](http://www.ernepaddlers.org.uk/events) Paddlesport is a fantastic way to promote wellness, connect people to their natural environment and heritage, and help foster awareness and environmental good practice. We continue to work with local charities, schools and other statutory organisations to provide paddling opportunities to the community here in Fermanagh and have recently connected with the local Social Prescribing hubs so that people may be referred directly to us. Under the guidance of our highly qualified and experienced coaches, paddlesport is an ideal medium for developing self-confidence and resilience, and many more fundamental life skills, in a fun, enjoyable and safe way.

Erne Paddlers is a not-for-profit registered charity and an inclusive club. We actively promote inclusive paddling opportunities and want to increase access to paddlesports for all. If you need extra support to paddle, please get in touch to discuss how we can help. Find us on Facebook, Instagram and Twitter for regular updates too. If anyone would like to find out more, please get in touch via social media, [email@ernepaddlers.org.uk](mailto:email@ernepaddlers.org.uk) or call/WhatsApp 07468 911398.

### **Share Discovery Village**

#### **Half day Activities for Youth Groups**

Include 1 hour waterpark session and a kayak, canoe or SUP session

Book through our website <https://www.sharevillage.org/>

Email [info@sharevillage.org](mailto:info@sharevillage.org)

Tel 028 6772 2122

### **Western Trust - Involve Fest West**

**3 July – 7 July 2023**

Local events taking place as follows:

- Monday 3 July, 11am-1pm, Enneside Shopping Centre, Enniskillen  
Involvement Team, Western Trust Information Clinics – the benefits of becoming involved and how to become involved.
- Tuesday 4 July, 10am-1pm, CKS Community Centre, Omagh  
Involvement Team, Action Plan Workshops – help coproduce our Trust wide PPI Involvement Action Plan
- Tuesday 4 July, 2pm-4pm, Dunnes Stores, Omagh  
Involvement Team, Western Trust Information Clinics – the benefits of becoming involved and how to become involved.
- Friday 7 July, online – The Davin Corrigan Legacy Awards 2023

Register at [Davin Corrigan Legacy Award 2023 Tickets, Fri 7 Jul 2023 at 12:30 | Eventbrite](#)

The Trust wishes to celebrate work that has been coproduced in partnership with service users and carers and which recognises their involvement and knowledge as essential for improving patient/service user and carer safety.

For further information on any of the events or Personal and Public Involvement (PPI) please contact the Involvement Team on [involve@westerntrust.hscni.net](mailto:involve@westerntrust.hscni.net)

### **Inclusive Beaches - Mae Murray Foundation**

There are five Inclusive Beaches across Northern Ireland ensuring everyone can get to the beach – with Changing Places Toilets or equivalent, and equipment to help people with all needs get onto the beach or into the water (at RNL patrolled beaches).

The Mae Murray Foundation is free to join, and it is free for members to use our equipment and attend our events. For more information, please contact Pippa, Community Development Officer with the Mae Murray Foundation on 0751 093 1904

[Inclusive Beaches Leaflet](#) – Mae Murray Foundation

For anyone in the Fermanagh and Omagh area, there's a community group in Rosstown, Co Donegal that run inclusive surf activities throughout the year.

Visit [Home - Liquid Therapy](#)

### **OUR Generation App**

The OUR Generation app was developed by Action Mental Health and Ulster University, and contains content to help build emotional resilience in children and young people.

The app contains 5 levels and several challenges within these levels that should help increase knowledge, awareness, and skills in key areas such as:

- Mental Health and Well-being
- Empathy
- Coping and Problem Solving
- Perspective Taking and
- Intergroup Contact

This **free** app is divided into two age categories, 11 years old and under, and 12 years old and above.

Activities include simple drag-and-drop games as well as videos and links to other sources of help and support.

You can find more information about the app on our website <https://ourgeneration-cyp.com/>



## **Aisling Centre, Enniskillen**

### **Well-Being Wednesdays**

**5 July – 27 September, 10.15am sharp**

Mindfulness Meditation, Yoga & Mindful Nature Walks.

Awaken all your senses and reconnect with nature and self.

Beginners welcome, basic level of fitness required, age 17+

All activities will take place outdoors in the beautiful grounds of Fermanagh's 3 National Trust properties, Crom, Castlecoole and Florencecourt. Activities will last approximately 90 minutes.

Numbers limited. Advance booking required. Suggested donation £3.00 per session.

Full details and booking via Eventbrite [bit.ly/36az3Ta](https://bit.ly/36az3Ta)

### **AA**

3 evening meetings every week

For more info contact Aisling Centre on 028 6632 5811

### **Aware**

Support group for people affected by Depression

Meet every other Tuesday, 7pm - 9pm

To book a place email [info@aware-ni.org](mailto:info@aware-ni.org)

### **Forget me not Group**

Support group for those bereaved by suicide - First Monday of the Month, 7.30pm - 9pm

For more info contact Aisling Centre on 028 6632 5811

### **Yoga**

Thursday 12 noon - 1.30pm

For more info contact Jenni Brown (Yoga Ocean) 028 8954 1994

Wednesday 6.30pm - 7.30pm

For more info contact Shauna McMorrow (Aurora Yoga) 07526 465004

Thursday 7pm - 8pm

For more info contact Theresa Cleary (TLC Yoga) 07923 694523

### **Fermanagh Pride**

Group meets first & third Tuesday every month

For more info email [fermanaghpride@gmail.com](mailto:fermanaghpride@gmail.com)

## **Calling all book worms!**

### **Alzheimer's Society Research Request**

We're working with our new Accelerator partner, Cognitive Books, to understand more about people with dementia's reading habits and we need your help with some important research.

The research is designed for; people living with dementia; their loved ones; or loved ones of people who once lived with dementia.

The [survey](#) will take 8 minutes; **please complete it before Wednesday 5 July** so we can start bringing books to your bookshelves!

## **Fareshare**

### **Fighting hunger, tackling food waste**

At Fareshare, we re-distribute surplus food to over 150 charities throughout Northern Ireland. From April 2022 – March 2023, we took almost 670 tonnes of food that was heading for landfill, and delivered it to our Community Food Members (CFMs), this equated to 1.59 million meals. We receive food donations from supermarkets, local suppliers and food producers; it is good quality but would otherwise be going to waste.

#### **How can we help you?**

Last year, we helped to reach over 26,000 people who were in need of support, this equated to 1.59 million meals made up of meat and fish, fresh fruit and veg, dairy products and tinned items. If you are an organisation that would benefit from our service then we have good news - we are actively recruiting for new Community Food Members so we can reach more people in need throughout our communities.

If this sounds like something you would benefit from then you can find more info and an application pack on our website at [FareShare Get Food - Homeless Connect](#) or give us a call on 028 9033 2230

A full version of this newsletter can be found here [Becoming a Community Food Member - Homeless Connect](#)

## **Check if your address might get faster broadband**

The [Department for the Economy NI](#) has launched a Public Review to improve broadband infrastructure in predominantly rural areas further.

It is part of the planned implementation of Project Gigabit in Northern Ireland.

All interested stakeholders, including members of the public, businesses, groups and organisations, and telecoms infrastructure providers, are being asked to review if the information held on gigabit coverage at addresses across Northern Ireland is correct.

This can be done via an online address checker on [nidirect](#) at <https://www.nidirect.gov.uk/services/broadband-connectivity> and they are asking you to let them know if you believe the information stated is incorrect.

This public review is important as it seeks to ensure that the intervention area for Project Gigabit – that is the areas potentially eligible for future improved broadband connectivity - is as accurate as possible.

The [Department for the Economy NI](#) is leading on the delivery of Project Gigabit in Northern Ireland, subject to final approvals before a tender process. Following the Public Review, DfE will confirm the premises which are potentially eligible for intervention.

For more information visit <https://www.economy-ni.gov.uk/.../check-if-your-address...>

**Check your address and give feedback by Thursday 6 July.**

## **Census 2021: Release of online Flexible Table Builder ([build.nisra.gov.uk](https://build.nisra.gov.uk))**

This online tool allows users to build their own tables or browse some ready-made tables from Census 2021.

The Flexible Table Builder allows users to choose a population (people or households), select a geography, add variables and view/download your table. Geographic levels available include: Health & Social Care Trusts, Counties, Local Government Districts, Parliamentary Constituencies, Towns & Villages, District Electoral Areas, Super Data Zones and Data Zones.

The Flexible Table Builder is available at [build.nisra.gov.uk](https://build.nisra.gov.uk) with supporting information on the NISRA website at [nisra.gov.uk/ftb-help](https://nisra.gov.uk/ftb-help).

This is the final headline product from Census 2021 – with further specialist products being delivered over the next year. The [Census 2021 outputs prospectus](#) provides more information on these releases. If you have any queries, please contact us at [census@nisra.gov.uk](mailto:census@nisra.gov.uk).

### Department for Infrastructure NI Concessionary Fares Consultation

<https://www.infrastructure-ni.gov.uk/consultations/consultation-changes-concessionary-fares-scheme>

Please find a link to the consultation above.

The Department has set up an online survey for responses using Citizen Space. You can access the survey at:

[Consultation on free and discounted fares on public transport \(concessionary fares\) - NI Direct - Citizen Space](#)

Imtac is committed to making sure as many people impacted by the proposed changes have the opportunity to give their views. We will be holding two online meetings for disabled people to give their views (a separate meeting will be held for older people). More information about these meetings are available from the link below.

<https://www.imtac.org.uk/news/concessionary-fares-consultation-online-consultation-meetings>

We are more than happy to be contacted about the consultation and facilitate discussions.

Alternatively you can contact the Department directly via

email [niconcessionaryfaresconsultation@infrastructure-ni.gov.uk](mailto:niconcessionaryfaresconsultation@infrastructure-ni.gov.uk).

**The consultation closes at 5pm on Thursday 24 August 2023.**

### Community Gardening Competition

The RHS and BBC's The One Show Growing Together Award 2023 for Community Gardening competition launched on 12 June to find community groups who have transformed a patch of land and encouraged local people to try gardening for the first time.

The RHS and BBC's The One Show are partnering on this new competition to celebrate and find community gardening projects that involve a diverse range of people, especially those who are traditionally under-represented in gardening and have really benefited from starting to garden or have a new outdoor space to use.

The winning group will receive £500 in National Garden Gift Vouchers and BBC's The One Show will film some of the most outstanding entries.

**Applications close at 6pm on Tuesday 11 July**, and results will be announced on BBC's The One Show on Monday 23 October, so groups have plenty of time to apply and showcase their amazing community's gardening projects.

To learn more about the RHS and BBC's The One Show Growing Together Award 2023 for Community Gardening competition, including full Terms and Conditions, please visit the [RHS Website](#). To enter the competition please visit <https://rhs-communitygarden-comp.awardsplatform.com/> or contact [communities@rhs.org.uk](mailto:communities@rhs.org.uk) with any questions.

### Omagh Library

**Book Launch with John Magee**

**"I swapped Dad for a Robot"**

**Saturday 12 August, 10am-11am**

Join John Magee as he talks about writing, storytelling and robots.

Suitable for children aged 8-12 years old.

Booking essential – Tel 028 8244 0733 or email [omagh.library@librariesni.org.uk](mailto:omagh.library@librariesni.org.uk)

**Bonding with Baby  
Before Birth and Beyond**

**Thursday 12 October, 9.30am-1pm online**

This is a partnership event, co-hosted by members of the Regional Infant Mental Health Implementation Group, including the Public Health Agency, Health and Social Care Trusts, and voluntary/community members of the Stronger from the Start Alliance.

To register your interest please contact: [pcarson-lewis@ncb.org.uk](mailto:pcarson-lewis@ncb.org.uk)

**Action Cancer**

**MOT Health Checks for Men**

Action Cancer's Action Man campaign encourages men aged 16+ to book a **free** MOT health check with the charity.

The 20-minute MOT health checks are available at Action Cancer House in Belfast and also on board the charity's Big Bus (sponsored by SuperValu and Centra) which travels to 200 locations across Northern Ireland every year.

The health check incorporates a number of assessments including blood pressure, cholesterol, blood glucose, and body composition analysis, as well as lifestyle advice and information on common cancers in males.

The checks do not diagnose cancer but aim to increase awareness of current health and the importance of cancer prevention and early detection.

To book an appointment visit [www.actioncancer.org/appointments](http://www.actioncancer.org/appointments) or call 028 9080 3344.

You can also bring health checks to your workplace by booking a clinic to be delivered at your premises. Action Cancer offers a range of other health improvement programmes to organisations and community groups, including Cancer Awareness, Healthy Living and Keeping Well Working from Home, all delivered online. The Step Into Action programme offers members of the public six free sessions with a personal health and wellbeing coach and is designed to help achieve a healthy lifestyle. To find out more email [appointments@actioncancer.org](mailto:appointments@actioncancer.org)

## Training Opportunities

### **Diploma in Community Development & OCN (Level 2) Community Development**

If you are working or volunteering in the Community/Voluntary sector for years or just new to the sector then these courses will equip you with the knowledge, skills, understanding and confidence required to support the community or group you work with. We have 2 Courses currently recruiting for participants:

**Diploma in Community Development accredited by University of Galway.** Commencing October 2023, location of classes may vary but the majority of classes will be in Cookstown, 25 places available for this one-year (part time) course.

The Diploma has been designed to enable Community Activists (volunteers and paid staff in the community / voluntary sector) to develop the knowledge, understanding and essential practical skills and experience required to provide leadership within this field. The Diploma will be delivered by Rural Community Network and their partners Fermanagh Trust and Holywell Trust in conjunction with University of Galway. The Diploma is part of the 'Community Leadership in the West ' programme, offering training opportunities and qualifications to support the next generation of leaders.

Course content includes: Introduction to Social Analysis, Social Research Techniques, Community Profiling, Strategic Planning, Public Policy & Community Development, Social Inclusion & Civic Engagement.

Further details and the Application Form available at

<https://www.fermanaghtrust.org/images/custom/uploads/127/files/NUI%20Diploma%202023.pdf>

The Diploma Application Form can also be accessed directly here: <https://forms.gle/VQfMky4vqwAqsdwF6>

**OCN (level 2) Community Development.** We are seeking expressions of interest with a view to providing this 4 week course in the Omagh area in October 2013, 15 places available.

The OCN NI Level 2 Award in Community Development qualification is appropriate for community development practitioners, providing learners with knowledge in community development, community group structure and understanding of diversity and inequality issues. This qualification is mapped to the new Community Development National Occupational Standards (NOS) and is the equivalent of GCSE Grade A-C.

6 Modules include:

- Collaborative and Cross-sectoral Work
- Community Learning for Social Change
- Governance and Organisational Development
- Group work and Collective Action
- Understand and Engage with Communities
- Understanding Community Development Practice

Location: Omagh

To submit an Expression of Interest Form click here: <https://forms.gle/nxWPoD1do21MVTnp7>

If you have any questions about either course or require further information, please get in touch with Sonya Johnston, Deputy Director, Fermanagh Trust on 028 6632 0210

Email [sonya@fermanaghtrust.org](mailto:sonya@fermanaghtrust.org)

### **Part-time BSc Hons Community Development**

#### **Your experience counts!**

If you work or volunteer in communities, you can apply directly to Ulster University and gain a professionally recognised degree in Community Development.

Apply now to transform your life and your community!

<https://www.communityni.org/opportunity/part-time-bsc-hons-community-development-recruiting-now>

**Closing date Friday 25 August**

### **Network Personnel**

#### **GROW (Growth, Resilience, Opportunities, Work) Partnership Programme**

If you are on a non-job seeking benefit but would like to improve your confidence, training and employment prospects, we can help!

GROW will enhance your skills and provide you with support to realise your full potential.

This support will include:

- A dedicated Key Worker
- Access to a range of qualifications and training
- Help with improving your motivation and resilience
- Advice on budgeting for you and your family
- Help with:
- CV Development
- Job search and application forms
- Interview preparation
- Contacting potential employers and securing work
- Sourcing work experience opportunities
- Exploring self-employment options.

Interested? Get in touch on 028 7963 1032 or email [referral@networkpersonnel.org.uk](mailto:referral@networkpersonnel.org.uk)

### **Stress Control Online Classes for 2023/2024**

Although we all need some stress to be able to function effectively, too much stress creates an imbalance and has the potential to make us physically and mentally unwell. This year, the Public Health Agency is offering a new series of stress control classes online which will help you identify how and why you feel stressed and what to do about it.

You don't need to register or log in! With free online resources to support the learning available on the website, you can watch the six sessions at the scheduled time on the [Stress Control YouTube channel](#)

**The next session is available from Monday 4 September at 9am.**

To find out more about Stress Control and to download the resources, visit

<https://ni.stresscontrol.org/> where you will also find the dates for all this year's classes.

### **Connections Link Life Training**

**Thursday 28 September, Action Mental Health, Fermanagh - [Register Here](#)**

Connections is for anyone in the statutory, community or voluntary sector wishing to develop a deeper understanding of mental health and suicide prevention.

Course Content:

- Spotting vulnerability to suicide
- Myths and stigma surrounding suicide
- The importance of self-care
- Steps for helpers
- Sources of support.



### **Allstate Cyber Safety for Older Adults**

Do you know any Older Adults looking to navigate the internet safely?

Allstate Cyber Safety for Older Adults is a specialized training program designed to empower adults aged 60+ with the knowledge and skills to navigate the digital world. As technology advances, so do the threats that lurk online. By enrolling in our program, Older Adults will become equipped with the tools they need to protect themselves and stay secure in the digital realm.

Register now, using the link below and secure a spot for one of our upcoming sessions:

[Click here to register for a session](#)

- Tuesday 25 July at 4:30pm
- Monday 21 August at 4:30pm - National Senior Citizen Day
- Friday 29 September at 10am - In person session

These **free** one-hour interactive training sessions are aimed at boosting the confidence of adults aged 60+ when navigating the internet. This interactive session will comprise of videos, conversations, and will cover the following three essential topics:

- Fraud and identity protection
- Email and telephone scams involving phishing
- Useful tips for staying cyber secure

[Click here to learn more about the program](#)

### **Very Brief Advice for Smoking Cessation Support**

**Thursday 21 September – [Register Here](#)**

The Health Improvement, Equality and Involvement Department has spaces remaining on upcoming 'Very Brief Advice for Smoking Cessation Support' sessions.

The sessions allow participants to increase awareness and knowledge of smoking and how to support and signpost motivated smokers who want to stop.

### **SafeTALK is back!**

With the Launch of the new Health Improvement, Equality and Involvement Training Brochure covering April – September 2023 we are delighted to announce the return of SafeTALK.

As a SafeTALK trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide
- identify people who have thoughts of suicide
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Safe-TALK is delivered in a safe and contained environment by certified Action Mental Health staff who are there to support the participants throughout and following the programme as part of OUR Generation Mental Health Ambassador Programme.

If you would like to attend, register via Eventbrite on the following link:

- Monday 11 September – Lisnamallard Industries, Omagh - [Register Here](#)

## Health Improvement Equality & Involvement Department

### Training Brochure April 2023 - September 2023

The Trust Health Improvement Equality and Involvement (HIEI) Department has published their latest Training Brochure which offers free training courses taking place right across the Trust from April to September 2023.

The HIEI Department are delighted to offer four NEW courses; **Chair Yoga, Managing your Menopause, Self Compassion** and **Talking to Young People about Sensitive Topics**. We are also pleased to offer **safeTALK** again.

The courses will be delivered either via Zoom or face to face in a range of locations across the Western Trust area.

**[To view the Training Brochure click here.](#)**

For course details including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127.

## Funding Opportunities

### PHA funding programme available for local communities

Community and voluntary groups are being encouraged to apply for a short-term funding programme that focuses on improving mental health and emotional wellbeing.

The scheme aims to address health and wellbeing needs in local communities. The funding programme will also support a range of strategic themes and priorities under the 'Making Life Better' public health framework, in particular mental health, emotional wellbeing, suicide prevention and self-harm.

Two types of awards are available under the programme:

- Award one: Funding of up to £1,000 for non-constituted and constituted non-profit taking community/voluntary sector groups.
- Award two: Funding of between £1,001 and to a maximum of £5,000 for constituted, non-profit taking community/voluntary sector groups.

To apply visit [www.dhcni.com/pha-short-term-funding-grants](http://www.dhcni.com/pha-short-term-funding-grants)

For further details please contact The Clear Project, Tel: 028 7138 3386

Email: [clear@dhcni.com](mailto:clear@dhcni.com)

### Walk Leader Grants

The Public Health Agency provides funding to support Walking for Health Groups delivering walking programmes in the Western Trust area. Funding will be allocated by the Western Health and Social Care Trust's Health Improvement, Equality and Involvement Department as small grants of approximately £150 per group, depending on the number of successful applicants.

The purpose of the grant is to support new or existing walking groups through the provision of promotional materials or items which will enhance and promote your walking group.

Criteria:

- Only Walk Leaders trained through the Walking for Health scheme who are registered on our database are eligible to submit a grant application;
- Only one grant will be allocated per Walking Group/Walk Leader;
- Groups applying for grants must have at least one trained Walk Leader facilitating all walks;
- Your Walking Group or host organisation must have a bank account in place in order to access funds as personal cheques cannot be issued;
- The Walking for Health logo should be used on all promotional materials and is available on request;
- Funding cannot be used to support one off or fundraising events;
- Walking Groups must adhere to all Walking for Health guidance, and complete required paperwork;
- Funding cannot be used to pay individuals to lead walks, as it is expected that trained walk leaders lead walks in a voluntary capacity or as part of their core work role in line with the Walking for Health programme ethos.

Please contact [Camilla.lowry@westerntrust.hscni.net](mailto:Camilla.lowry@westerntrust.hscni.net) for a copy of the application form.

**Please note this round of grants will stay open until 27 October 2023.**

### The Screwfix Foundation

The Screwfix Foundation currently offers local registered charities and not for profit organisations funding up to the region of £5,000. All applications are reviewed individually by our team on a quarterly basis; the review dates are in March, June, September and December. Please see our [Full eligibility criteria](#).

To apply visit <https://www.screwfix.com/help/screwfixfoundation>

### **The Duke of Edinburgh's Award/Joint Award Initiative**

We are the world's leading youth achievement Award, giving 14-24 year olds the opportunity to take on their own challenges, follow their passions, make a difference in their communities, and discover talents they never knew they had. Each young person builds their own Award programme – picking their own activities for the 4 sections of the Award: Volunteering, Physical, Skills and Expedition (with an additional Residential section at Gold) – to achieve a Bronze, Silver, or Gold Award.

Gaisce – The Irish President's Award and The Duke of Edinburgh's Award work in partnership through the Joint Award Initiative (JAI) to offer Award participants in Northern Ireland a choice of recognition for their achievements. On completion of their Award programme, they can choose a Duke of Edinburgh's Award, a Gaisce – The President's Award or a Duke of Edinburgh's International Award certificate.

Eligible voluntary and community organisations which do not currently offer the Award programme can access up to £10,250 of grant funding combined with support from a dedicated member of staff to help set up, launch, and deliver the Award programme.

For more information go to <https://www.dofe.org/access-without-limits/community/ni/> or email Jim at [jim.peacock@dofe.org](mailto:jim.peacock@dofe.org).

If you are interested but don't currently meet eligibility criteria, please do get in touch to discuss how we could support young people in your organisation to take part in the Award.

Below is a link to a short recruitment film:

<https://www.dofe.org/wp-content/uploads/2021/09/Recruitment Film NORTHERN IRELAND.mp4>

### **Arts Council funding available for rural arts projects, supported by National Lottery**

The Rural Engagement Arts Programme is open to rural groups across the region for people of all ages. Please note that applications must be submitted online and close at 12noon on

**Monday 3 July 2023.**

To view the eligibility information, guidance notes and make an online application visit

[www.artscouncil-ni.org/funding](http://www.artscouncil-ni.org/funding)

### **John Hewitt International Summer School in Armagh**

**Monday 24 July – Saturday 29 July**

The John Hewitt Society provides opportunities for individuals across Northern Ireland to explore issues of difference and identity through literature and creative writing. The Society was established in 1987 to promote Hewitt's ethos of utilising literature and the arts as a medium for tackling prejudice, exclusive concepts of identity, and sectarian hostility

There may still be some bursaries available.

Visit [The John Hewitt Society – Supporting Irish Arts and Literature](#) for further information.

### **Nationwide Community Grants**

Together with our members, we're supporting communities with grants for local housing projects. If you're a local organisation with a great housing solution, you can apply for a Community Grant of up to £60,000. Your project will need to support one of our three aims: helping people into a home, preventing them from losing their home, or supporting them to thrive at home.

For further details visit <https://nationwidecommunitygrants.co.uk/>

### **The National Lottery**

#### **Climate Action Fund - Nature and Climate**

This funding aims to inspire and support communities across the UK to address the energy and climate crisis. We're looking for projects that show how communities can address climate change while tackling the energy challenges through community-led climate action.

Visit [energy and climate funding](#).

### National Lottery Heritage Fund

National Lottery Heritage Fund have increased the upper limit of their National Lottery Grants for Heritage to support larger-scale heritage projects across the UK. This increase, the first increase in twenty years, aims in part to offset some pressures of inflation and the cost-of-living crisis as well as enabling investment in more ambitious heritage projects that share their belief in the power of heritage to bring people together, build pride in place and connection to the past. 2023–2024 is a transition year ahead of full implementation of [Heritage 2033](#). They will be making changes to their approach in stages - this increase is their first change.

For full details visit [National Lottery Heritage Fund now offering up to £10m](#)

### National Lottery Arts & Older People

#### Grants from £1,000 to £10,000 are available

The National Lottery Arts & Older People Programme aims to strengthen the voice of older people and promote positive mental health and emotional wellbeing through the arts. Open to non-governmental organisations, Local Authorities and arts organisations demonstrating partnership approach with the target groups they plan to engage with and have the support from them in the delivery. To ensure a strong advocacy message there will be an opportunity to showcase the projects funded throughout the year. Applicants should endeavour to build this into their project programme and budget.

For further details visit [Arts Council NI: National Lottery Arts and Older People](#)

**Deadline Monday 17 July 2023 (noon)**

### Prince's Trust Grants for 16-30 year olds

#### Development Awards Programme

Small grants that can help towards the cost of course fees, tools or licenses to remove financial barriers between you and your goals.

Apply for an average amount of £160 to help with: Fees for courses (up to Level 3, lasting 2 days or more); Course equipment, eg tools or beauty kits; Mandatory uniforms; Licenses and short training programmes.

Doesn't affect your benefits - Must apply before course start date

Search Facebook 'Prince's Trust Northern Ireland'

Call for free on 0800 842 842

Email: [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)

### Rural Engagement Arts Programme

The Arts Council of Northern Ireland is welcoming applications to the second round of the Rural Engagement Arts Programme (REAP), a funding scheme, funded through The National Lottery, which aims to increase access and participation in the arts in rural areas of Northern Ireland.

Grants from £500 - £10,000 are available and applications must be made online on the Arts Council's website. **Applications will close at 12 noon on 3 July 2023.**

For more information and to apply, please visit <https://artscouncil-ni.org/funding-for-organisations/rural-engagement-arts-programme>

### The Community Foundation

#### Micro Community Investment Fund

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

The fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

**You do not have to have a constitution to apply to this fund.**

Community Investments available: Up to £2,000

Applications are sought to support both new and existing activities and projects that enhance the financial, physical and/or mental wellbeing of people in communities. We will support new or existing community initiatives that have a particular focus on addressing the challenges people are facing around the rising cost of living.

Community projects should focus on improving at least one of the following:

- Financial wellbeing
- Physical wellbeing
- Mental wellbeing

For further details visit <https://communityfoundationni.org/grants/micro-community-investment-fund/>

### **Children in Need**

#### **Pudsey Next Steps Grants**

We currently (between now and the end of August) have a separate budget (called Pudsey Next Steps) to enable us to fund and support organisations new to Children in Need. Organisations can apply for either a project or core grant to support work with children and young people - up to 15k per year for up to 3 years.

The only criteria is

- They are new to Children in Need i.e. they have not had a CiN grant before
- They have an annual turnover of less than 100k per annum

There isn't a separate application process for the Pudsey Next Steps grants. Groups should just submit a project or core grant. Expression of Interest through the link below and we will assign them as 'pudsey next steps' when we look at what EOIs we are taking forward to application stage <https://www.bbcchildreninneed.co.uk/grants/apply/>

### **Ulster-Scots Agency Funding**

#### **Annual Community Ulster-Scots Music and Dance Tuition Programme for voluntary and community organisations**

The programme supports community music and dance tuition from 1 September 2023 – 31 May 2024.

**Dance Tuition** - The fund supports up to 30 weeks of Highland or Scottish Country Dance with an option which supports accreditation.

**Music Tuition** - The grant supports up to 20 weeks of tuition across a range of Ulster-Scots musical traditions, including drum major tuition, and offers support for accreditation.

For further information please visit <https://www.ulsterscotsagency.com/news/article/471/ulster-scots-community-music-and-dance-tuition-opens/>

**Please note applications will close on Thursday 20 July at 5pm.**